

Indiana Nutrition Newsletter; Keeping Schools 'IN' The Know

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In this issue:

Employee of the Year	1
Thoughts from an Intern	2
Food Fear Factor in Evansville	2-3
Director's Corner	3
Meet Our Staff	3
MyPlate	4
Try this! (recipes)	4
Food Distribution	5
Team Nutrition	5
SNP Due Dates	5
Food Safety	6
Memos and TAs	6

If you know of a nutrition-related or Food Service success story, please click [here](#).

Employee of the Year!



Senator Richard G. Lugar in partnership with the Indiana Farm Bureau and the Indiana Department of Education's Office of School and Community Nutrition formally recognized this year's School Food Service Employee of the Year on Saturday May 21, 2011 at the Indiana School Nutrition Association's spring meeting. This annual award recognizes school food service employees who contribute significantly to the health and learning capabilities of our students.

Congratulations to Cassy Franklin, this year's award winner from Eads Elementary. Cassy was nominated by Paulette Libak, the School Town of Munster's Director of Food and Nutrition. Paulette describes Cassy as a "humble super-employee!" Cassy increased breakfast and lunch participation by transforming the cafeteria environment, holding fun cafeteria events, and incorporating nutrition education lessons. She also gives her own time to additional school efforts such as

Banana Splits, 5th grade cooking projects, and giving kitchen tours to students where they learn about the many aspects of food service.

Cassy's accomplishments include receiving an Outstanding Job Award from the School Town of Munster's Superintendent. Cassy also assists with a 2009 Team Nutrition grant that was received by Eads Elementary to implement Game On: The Ultimate Wellness Challenge. Most recently, Eads Elementary received a bronze level Healthy Hoosier School Award. Great things are happening at Eads Elementary with contributions from exceptional employees like Cassy Franklin.

For more information on how you can nominate a school food service employee for the 2012 Senator Richard G. Lugar School Food Service Employee of the Year Award, visit www.doe.in.gov/food.

Thoughts from a Dietetic Intern –Christina Pease

“Lack of nutrition during the summer months may set up a cycle for poor performance once school begins again. Hunger also may make children more prone to illness and other health issues. The Summer Food Service Program is designed to fill that nutrition gap and make sure children can get the nutritious meals they need.” (<http://www.summerfood.usda.gov/>) Many organizations around the country participate in the Summer Food Service Program including Indy Parks. This summer I was able to work with Indy Parks on a nutrition education project involving students participating in their program.

The project that I worked on with the Indy Parks Department involved several sites that participate in the Summer Food Service Program and serve lunch to a number of kids each day. Indy Parks allowed me to visit each of these sites in the Indianapolis area and present nutrition education topics to the kids. I visited three sites with average size of 40 kids per site. I visited each site three times and discussed a new topic each time I went.

Each site had counselors that led the children’s daily activities. The sites typically had one head counselor and several assistant counselors that helped run the camps. The counselors were crucial for me to present nutrition information effectively. Although all the counselors were very good, the sites with the most counselors always seemed to run more effectively. The kids were better listeners and participated more. Therefore in the future, I would ask for more adults to be present when at-

tempting to provide education in an informal setting like a camp.

The topics I presented ranged from portion sizes of snacks to healthy drink options. Choosing the topics and activities was a difficult part of the process. The age group that I was working with was varied, from 6-12 years old. I had to provide information that was not too simplified and not too detailed. I decided that I would tailor my presentation to meet the needs of the majority of my audience which was kids who are 8 to 10 year olds. The younger ones could follow along and the older ones would hopefully remain engaged. Also, to help keep the children interested, I planned several hands-on activities that required them to participate.

One of my favorite activities was from the healthy snacks demonstration. I spoke with the kids about what makes a healthy snack, why healthy snacks are important, and gave some tips for healthy snacking. I had several games planned, but the fish pond was my favorite. I had a large blue poster board, and I had kids come up and “fish” for a snack. A counselor or volunteer would hide behind the poster and attach a paper food model to the fishing pole. The kids would fish it out of the pond and then explain why or why not the snack they pulled out was a



healthy choice. It was so much fun and the kids loved it!

Overall, the presentations went very well. In an effort to prepare for the kids not liking the activity I had planned, I always had a backup activity ready to go. Since the audience was primarily children, I wanted to be very prepared because they could be unpredictable. However, all of the kids at the sites that I visited loved active games and were very enthusiastic

about each one. Along with enjoying the activities, they were very receptive to the nutrition education sessions, and I believe they learned some valuable information about nutrition.

My presentations were a success due to the time and effort I spent preparing for each one. I took time to think about how the audience might react so I was ready to respond. I also had to be ready for any question that might be asked. Due to the fact that I was there presenting nutrition information, I needed to be able to answer their questions accurately. All in all, I learned to be ready for anything when I am out in the field presenting to children!

Fear Factor in Evansville

Barbara Klotz, Food Service/Dietary Supervisor of Evansville Psychiatric Center, wrote in to tell us about a great game to get kids to eat fruits and vegetables. The following is her story.

One of our main goals in the dietary department is that the children are eating a healthy amount of fruits and vegetables. However, children don’t always want to eat the foods that are best for their develop-



ment. When this was brought up during one of our regular dietary meetings, the dietitian suggested that we come up with a game to make eating fruits and vegetables more appealing. It would be based on “Fear Factor,” a popular TV show, and involve the children eating fruits and vegetables that were not normally served on the menu. Some of the foods that we came up

with included: fresh pineapple, blueberries, kiwi, Brussels sprouts, asparagus, and sugar snap peas. With this combination of fruits and vegetables, we would be able to add some excitement to the game

by allowing the children to try something that they may not have been able to previously. A poster was made to build enthusiasm and get the children interested in what “Food Fear Factor” was all about.

For a whole week, we would put out two vegetables and a fruit for the children to sample after their lunch. After they tried these new foods, we would have them write down a list of foods they liked. This allowed us to get honest answers from the children that participated. Soon after we were finished, we began getting requests from the children who wanted to play the game again. As a next step, I allowed the children to come up with their own “menu of the day,” which let them choose their meals and snacks. The catch was that they had to include fruits and vegetables that they enjoyed in the Fear Factor.



After some discussion to take the

game one step further, we came up with the idea of having a “secret item” during every meal. If the child ate the special item, he or she received a special treat at the end of their meal. This has opened the door to a greater amount of diversity in what the children will eat in terms of fruits and vegetables. They ask almost every day to see when we are going to do it again. One child, who originally wouldn't eat most fruits and vegetables, is now trying pineapple and Brussels sprouts. This is exactly what we were hoping for and our staff is looking optimistically to the coming weeks and the continuing improvement of the children's eating habits.

Food Fear Factor

Name: _____

Monday:

Food: Pears I liked it!!!! ☒ I don't like it. ☐

Food: Broccoli I liked it!!!! ☒ I don't like it. ☐

Food: Beets I liked it!!!! ☒ I don't like it. ☐

Tuesday

Food: pineapple I liked it!!!! ☒ I don't like it. ☐

Food: cherry tomatoes I liked it!!!! ☒ I don't like it. ☐

Food: asparagus I liked it!!!! ☒ I don't like it. ☐

Wednesday

Food: Strawberries I liked it!!!! ☒ I don't like it. ☐

Food: colored peppers I liked it!!!! ☒ I don't like it. ☐

Food: cucumbers I liked it!!!! ☒ I don't like it. ☐

Director's Corner

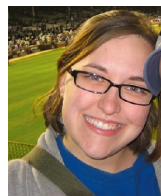
Welcome back to an exciting new school year! A lot of changes are taking place this year with more to come in the next several years. Be sure to follow the new information as it comes out. We are going to be using the Learning Connection beginning this year to communicate with you so please get a login at www.learningconnection.in.gov.

For this year the meal patterns have not yet changed and the proposed meal pattern is still being debated at the national level. But you can prepare for the coming changes by adding whole grains, and fresh fruits and vegetables to your menu and reducing sodium. It is also required that you only offer 1% and skim milk beginning this school year and make free water accessible during the lunch period.

We are looking for schools to apply for the Healthier US School Challenge, once you meet those requirements you will be well prepared for the coming meal pattern changes, so take a look at the application and watch for more information to come out soon. <http://teamnutrition.usda.gov/HealthierUS/index.html>

The Paid Meal Equity requirement is open for comment until September 15, 2011, you can submit comments online at www.regulations.gov. This interim rule requires schools to raise paid lunch prices that are below \$2.46 beginning July 1, 2011.

Meet Our Staff



Allie Caito, School Nutrition Program Specialist, joined the School and Community Nutrition team at the end of April, 2011. With a Bachelors Degree in Art History from Hanover College and a Culinary Arts Degree from Kendall College in Chicago, she was able to bring her love of

working with the public and all-things food together for a great position with the Department of Education.

While attending Hanover, Allie interned at the Morris -Butler House. She helped direct kid's camps teaching them how to churn ice cream, cook cinnamon apples, and make homemade biscuits. After graduation, Allie worked as a Kitchen Director for Primrose Preschool in Geist. Duties there included, cooking, cleaning the kitchen, ordering, maintaining inventory, and occasionally reading to a group of 2 year olds. While in culinary school, she worked at a recreational cooking school and taught children and teen cooking camps.

Allie, her boyfriend, and two fat cats live in a cute, but tiny, house in Greenwood. You can find her on a typical Saturday picking up some fresh produce at the Greenwood Farmers Market, browsing through an art fair, eating delicious Creole food at Yats, shopping at Half Price Books, and finishing up the day by stopping at Mrs. Curl for some ice cream.

If you want to hear about some other cool Greenwood spots or just talk to Allie, email acaito@doe.in.gov.

MyPlate



On June 2nd, USDA replaced the familiar and nearly twenty year-old MyPyramid with a new food guide called MyPlate. Many hope the new food guide will be an easier, more user-friendly symbol for planning healthy meals.

The new plate is divided into four portions including fruits, grains, vegetables, and protein. The vegetable and grain portions are the largest components. The fruit and vegetable portions make up half the plate to encourage a larger consumption. Next to the plate is a blue circle, representing dairy.

There are seven key messages that MyPlate has set forth. They go hand in hand with USDA's 2010 *Dietary Guidelines for Americans* released in January:

- Enjoy your food, but eat less
- Avoid oversized portions
- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers
- Drink water instead of sugary drinks

These key messages are the exact same as the Selected Messages for Consumers listed in the *Dietary Guidelines*. USDA planned this with the intention of using MyPlate as a communication device for the *Dietary Guidelines*. While the *Guidelines* are a written guide for meal planning, MyPlate is an interactive visual for consumers to better understand how they can make their own meals healthier. USDA hopes that this system will help with the prevention of obesity and diseases caused by obesity.

Try This!

Chicken and Noodles

One of the most popular recipes we hear about is Chicken and Noodles. Here is one version of the classic, from Bremen Public Schools.

Ingredients:

4 gallons Water
5 lbs. Noodles, Egg, Dry, Enriched
1 cups Dry Onion
1 Tbsp. Celery Salt
1 Tbsp. Black Pepper
1.5 cups Chicken Base
1/4 cups Salt– Don't add until taste
12.75 lbs. Chicken, Cooked, Chopped

1. Place 10 lbs. of chicken in a sprayed steam-table pan and heat in steamer to at least 140 degrees.
2. Heat chicken base and water in kettle, add dry onions, celery salt, black pepper. Bring to boil.
3. Add chicken to base. Stir slowly and mix well.
4. Add noodles, stir slowly, cook noodles 20-25 minutes. Turn steam kettles to #2 setting and let noodle mixture simmer. Heat to at least 165 degrees and held for 15 seconds.
5. Pour into serving pans. Place pans on heated serving lines or in warming units.
6. Serve one 8 oz. ladle for each child. Makes 330 servings (15 gallons).

For a copy of a similar standardized recipe, click [here](#).

To send your own unique, seasonal, or special diet recipe, click [here](#)

Frankton-Lapel Taco Pie

This recipe from the Frankton-Lapel school district is popular among students and also uses a lot of commodity ingredients!

Ingredients:

5 lbs. 14 oz. Raw Ground Beef (no more than 20% fat)
1 cup Taco Seasoning Mix
2.5 cups Water
1 qt. 1/4 cup (1/3 of a #10 Can) Salsa
1 qt. 1/4 cup (1/3 of a #10 Can) Tomato Puree
1 qt. Water
40 each Enriched Flour Tortillas, 8-inch
2 lbs. Cheddar Cheese, Reduced Fat, Shredded
2 lbs. Lettuce, Shredded
1 lb. Tomatoes, diced

1. Brown and drain ground beef. Sprinkle taco seasoning over beef. Add water and simmer for 15 minutes.
2. In a bowl combine salsa, tomato puree, and water.
3. Cut tortillas into halves.
4. Lightly coat 2 steam-table pans (12"x20"x2 1/2") with pan release spray.
5. Assembly: Bottom layer- Place 16 half-tortillas in bottom of pan. Distribute 3.5 cups of meat mixture on top of tortillas. Spread 2 cups taco sauce over meat mixture. Sprinkle 1.5 cups cheese over taco sauce. Middle layer- Place 12 half tortillas on top of taco sauce and repeat with same amount of layers. Top layer- Place 12 half tortillas on top. Divide remaining ingredients between the two pans.
6. Tightly cover and bake in 350° oven for 30 minutes. Heat to 165° or higher for at least 15 seconds. Let pie rest for 5 minutes before portioning. Cut each pan 5x5 (25 pieces per pan)
7. Combine tomatoes and lettuce. Serve 1/4 cup on top of each piece of taco pie.

For a copy of this standardized recipe, click [here](#).

Food Distribution Notes

For more information, contact John Moreland at jmorelan@doe.in.gov

Food Distribution
Program

Welcome to the start of the 2012 school year. We hope you had a great summer break! Each year Recipient Agencies are required to recertify their Food Distribution Recipient Agency Summary Page information. Doing so will allow you access to your commodity inventory and the ability to place delivery orders.

However, before you will be able

to recertify your 2012 Food Distribution information you must first be approved to participate in the 2012 National School Lunch Program (NSLP).

Be aware that your National School Lunch Application, under the CNPweb Purple Puzzle Piece, must be in an “**Approved**” or “**Pending Approval**” status before you

should attempt to recertify your Food Distribution Program information. In some school corporations the person who manages the Food Distribution Program is not the same person who manages the National School Lunch Program. If this situation applies, you will want to coordinate your efforts with that person before you proceed with the recertification.

Team Nutrition Notes

Congratulations to the 2010-2011 **Healthy Hoosier School Award Winners!** [Click here](#) to see the list of winners. To learn how your school can become a Healthy Hoosier School, [click here](#).



Need HealthierUS School Challenge Recipe Ideas?

Are you looking for ways to incorporate more dark green-orange vegetables, dried beans or whole grains in your menus? No need to spend hours surfing Recipe.com or researching the

Wheat Foods Council. These recipes have already been tested in schools and some have even garnered \$1,000 to \$3,000 for their school.

Winning recipes from First Lady Michelle Obama's *Recipes*

for *Healthy Kids* competition were announced July 25 and are available for viewing. The contest launched last year to challenge students, parents and other interested community members to create tasty and healthy new recipes for America's school cafeteria menus. The recipe contest had 3 categories: Dry Beans, Dark Green-Orange Vegetables, and Whole Grains. [Porcupine Sliders](#) won the GRAND PRIZE out of 340 recipes originally submitted by schools across the country. Other finalists included [Central Valley Harvest Bake](#) and [Tuscan Smoked Turkey & Bean Soup](#). The top 10 recipes in each category will be published in ***Recipes for Healthy Kids***, a cookbook you can review with your staff or share with students and their families. To view recipes now, click here <http://www.recipesforkidschallenge.com/submissions>.

Talk to your PTA!! The National PTA will award up to 10 Healthy Lifestyles grants of up to \$1,000 each to a PTA in good standing in order to promote good nutrition and regular physical activity to address the nation's childhood obesity epidemic. Visit [National PTA's Healthy Lifestyles Program](#) for more information on eligibility and how to apply.

Deadline: September 2, 2011.

Calendar of School Nutrition Program Requirements

ITEM OR PROCESS	DUE DATE	SUBMIT TO DOE	RETAIN IN FILE
*Direct Certification – 1st Match <small>2nd Certification match due the last week of September 3rd Certification match due the last week of January</small>	2nd Week of July-School Start	✓ Paper	
*Parent Letter/Free & Reduced Application	After Direct Cert-School Start		✓
FDP Re-certification for New Program Year	August	✓ Online	
Production Records	Daily		✓
Claim for Reimbursement (CNPweb) <small>Cannot be paid if submitted more than 60 calendar days following the end of claim month</small>	10th of Each Month	✓ Online	
Annual Financial Report (CNPweb) <small>For previous program year</small>	September 1st	✓ Online	
Civil Rights Training	Annually		✓

*Residential institutions (RCCI) do not need to complete these items if they do not approve free and reduced meal applications.

Food Safety Procedures-Best Practices

A recent Center for Disease Control (CDC) study has found that more Americans developed food poisoning in 2010 than the previous year. These findings coupled with reports of outbreaks of an aggressive and deadly strain of E. coli throughout Europe should prompt all food handlers to take a closer look at the way they provide food to their customers. Periodic reviews of an institution's food handling procedures are critical, especially those that prepare food to young children who are at a higher risk for developing serious complications from food borne illnesses.

According to a 2011 General Accounting Office (GAO) study, USDA spends over \$1 billion dollars annually providing food at no cost to schools participating in the Child Nutrition Programs. Commodity foods comprise approximately 15 to 20 percent of the food schools serve. USDA, acting as the commodity food purchaser for schools has established specifications to prevent harmful pathogens.

The development of more stringent food safety specifications is an ongoing process. While the GAO study recommends the USDA continue to strengthen its overview of commodity food purchases, it is important to note that seven commodity foods already carry more stringent specifications related to microbial contamination than the Federal regulations for those same foods in the commercial marketplace. The products with more

rigorous testing for eight pathogens include: raw boneless beef, raw ground beef, cooked diced chicken, raw ground turkey, liquid pasteurized eggs, raw and sliced apples and raw baby carrots.

As USDA continues to develop additional food safety regulations for all commodity foods they purchase, schools should consider taking actions on their own to help limit the risk of food borne illnesses. Improper handling and storage can increase the likelihood of contamination resulting in severe illness or possible fatal conditions. While Federal regulations require all schools to develop written food safety plans and obtain two food safety inspections yearly, some schools are not meeting these requirements.

Some schools have been taking additional steps to maximize food safety. Many have limited the purchase of foods that have traditionally been associated with food borne illness such as raw beef and chicken. Others have scheduled internal inspections and used school employees who have been trained by their local county health department. They have also visited vendor's facilities to monitor their food production standards.

School corporations who develop multiple methods to provide additional food safety protection will be well on their way toward establishing a "best practice" food safety model. Adopting the best practices currently available and taking a proactive stance to protect against potential microbial contamination will help ensure all children are provided nutritious and safe meals.

USDA Memos and Technical Assistance

Memos (http://www.doe.in.gov/food/schoolnutrition/usda_policies.html)

Code	Date	Title
SP 42-2011	7/8/2011	Child Nutrition Reauthorization 2010: Local School Wellness Policies
SP 37-2011	5/18/2011	Child Nutrition Reauthorization 2010: Enhancing the School Food Safety Program
SP 35-2011	5/17/2011	Clarification on the Use of Offer Versus Serve and Family Style Meal Service
SP 28-2011	Revised 4/12/2011	Child Nutrition Reauthorization 2010: Water Availability During National School Lunch Program Meal Service

Technical Assistance (http://www.doe.in.gov/food/schoolnutrition/usda_memos.html)

Code	Date	Title
TA 05-2011	6/15/2011	Shelf-Stable, Dried Snacks Made from Meat, Poultry, or Seafood

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